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Grooming Makes the Difference : For the Whole Family

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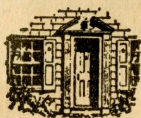
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GROOMING

Makes The Difference

For the Whole Family

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GROOMING

Makes the Difference

For the Whole Family

By ANNA D. WALKER*

"It is worth knowing how you look, and it is worth doing something about it!"

The end of the year is a stock taking time. Do like an efficient store, check and see what is in your family's personal grooming inventory. You will find good grooming is the sum total of a number of little things. It is only natural for you to want the best of everything for yourself and your family. So start with yourself and make yourself the best groomed person possible. It's never too late to begin.

Good grooming is principally a matter of your doing certain basic care routines faithfully and regularly. The routines are easy and simple in themselves. Most of you know what they are, but it is a good idea to check yourselves from time to time to see if you are following them. Perhaps you may discover some little, but important grooming habits you are neglecting in your busy life! This circular may serve as a reminder of how easy it really is for your family to keep up to a good grooming standard.

Don't Neglect the Bath

One of the first essentials of your family's good grooming is to bathe often for cleanliness and beauty.

A good tub bath taken once a day is a splendid beauty treatment. Maybe you prefer a shower or sponge bath with plenty of soap taken between tub baths to help keep the body free of perspiration. When bathing, pay special attention to the places where perspiration is likely to accumulate—under the arms and between the toes. If the water is hard, use a water softener so the soap may do its best work.

Use a Deodorant and Non-perspirant

To insure freedom from body odor after the daily bath which removes the perspiration already on the body, **all the family, men and women and teen-agers alike**, should use a good deodorant.

*Extension Clothing Specialist

You can buy many antiseptic and astringent agents in liquid, cream, and powder form on the market. It will do no harm to control perspiration under the armpits where it is the greatest nuisance. Shave under arms often as a real help in discouraging odor. Some preparations control perspiration and odor at the same time, others simply act as a perspiration control. If you perspire very freely, it would be well to use the perspiration check. An inexpensive one which you can purchase very cheaply is a 20 percent solution of aluminum chloride. Buy three or four ounces of this 20 percent aluminum chloride solution at the drug store. For ease in applying it, pour the solution over some cotton pads (filter disc cotton pads cut in quarters would be handy) stacked in a jar with a lid. The pads should be just moistened with the solution.

Powdered deodorants are inexpensive and used with a non-perspirant are very effective for underarm and foot odors and for use on sanitary napkins.

Dress shields are good to use in addition to non-perspirants, but they should not be depended upon entirely. When used, dress shields should be easily removed so that they may be washed often.

Garments which have been stained with perspiration detract greatly from a well-groomed appearance. If garments show stain and loss of color due to perspiration, color may often be restored on a new stain by brushing the area ever so lightly with a cloth wrung out of a weak ammonia solution. If the stain is of long standing, try brushing it with a cloth wrung out of a weak vinegar solution.

Perspiring feet with the accompanying unpleasant odor often detract from the good grooming of various family members. Of course a daily foot bath, followed by fresh socks will help a lot. A deodorant foot powder sprinkled into socks will help. If the condition is very serious, it would pay to consult your doctor who would probably recommend foot baths containing some antiseptic solution. Shoes should be aired well since shoe linings are apt to become wet from perspiration. Remember, use of deodorants is just as important in winter as in summer. Warm, tight clothing worn in winter often makes perspiration odors worse in winter.

Control Unruly Hair

Your family can't be truly well-groomed unless hair is attractive. Untidy and ill-cared for hair is often seen on men and boys as well as women and girls. Perhaps the most impor-

tant consideration in having well-groomed hair is to shampoo it often and well. A good mild soap melted in a small amount of warm water is as good as any shampoo when used in soft water. If you must use hard water for the shampoo, choose one of the many soapless shampoos on the market. They remove soil and oil without leaving a scum in hard water. Thorough rinsing is as important as good washing; use as many rinses as is necessary to completely free the hair of soap. If the scalp is dry and the hair lifeless, apply warm olive oil to the scalp before the shampoo. Apply the oil to the scalp with wads of cotton, then wrap the head in a towel wrung out of hot water and allow it to stay on an hour or so before the shampoo.

Daily brushing with a good firm bristled brush will remove dust, stimulate good circulation in the scalp, and give the hair a lustrous healthy look. Brush upwards and outwards. Pick up small amounts of hair at a time and brush with long sweeping strokes along the length of the strand. Brush as long as you have time—the more, the better. Never use a soiled brush or comb. It is easy to keep them clean by washing in soap and water each time you wash your hair and oftener if necessary. Never allow a comb or brush to become so soiled that it takes soaking to get it clean.

Learn to set your own hair. You will need a good rat-tailed comb, some bobby pins and a will to learn how. The pin curl method is not hard to learn. With a little practice you can care for your own hair at least between trips to the beauty parlor. You and daughter might team up and do each others hair. To set hair using the pin curl method, have the hair damp. If it is easily managed, set it with water; if not use one of the setting lotions. Think about the finished hairdress you have in mind, parting the hair accordingly. Then make the pin curls by taking a small bit of hair, forming a circle at the end and wrapping the curl around this circle toward the scalp. Fasten the curl in place with a bobby pin. Make all curls the same size and close together but not overlapping.

To get waves, as in a pompadour style, part one section around the face about one-half inch back from hair line. Make the pin curls in this row turning toward the face. Reverse the next row; alternate rows until all hair is curled.

When hair is to be parted at the side or in the center, and you want soft curls without a wave, turn the curls at either side back from the hair line toward the part. The ends of the back hair may be set with pin curls too, turning them up and pinning above the hair line, but when the hair is long, metal curlers may be used in the back. Strips of cloth (knitted underwear

or stockings) are satisfactory for long hair. Just roll the end around the strip and tie the ends together to hold the curl in place.

Do not be afraid that combing and brushing will destroy the wave. Many people think that to have waves and curls "stay in" the hair must not be handled. Hair must be brushed and combed well to look soft and natural.

The Family's Hands Need Care

Many people see and remember hands after they have forgotten faces, so it is important to look to their grooming. A good hand brush, some good abrasive soap, and plenty of warm soft water will do wonders for hands. Women and girls in the family are generally more conscious of the appearance of their hands than the men and boys. Well-cared for hands help spell good grooming for all the family.

If possible wash hands in warm, not hot, water, with a mild soap. Remember the wrists as well as the hands. At least once a day use a soft firm hand brush to help loosen the soil around the nails. Apply cream or hand lotion before washing hands that are very dirty to make washing easier. Rub on a bit of lemon or tomato to remove fruit or vegetable stain. Dry hands well after every washing and push cuticle back gently with the towel. Use a good hand lotion, as it protects the hands when doing dirty tasks and prevents chapping. You can make a hand lotion at home from equal parts of glycerine and bay rum with a dash of rose water for perfume.

About once a week give yourself a manicure. Shape the nails with an emery board, filing in one direction only to prevent breaking the nail. Try to keep cuticle smooth without cutting by applying oil and hand lotion. Push it back with a bit of cotton on an orange stick. Rub warm olive oil into your hands at night for roughened hands. Cover with cotton gloves. If polish is worn, never wear it when it is chipped. Chipped nail polish is an offense to good grooming!

Watch Your Smile

Well-cared for teeth add so much to the attractiveness of all the family. Use a good paste or powder. Mix equal parts of baking soda and salt to make a fine home-made powder which is effective yet inexpensive. Choose a short narrow tooth brush with a straight or convex brushing surface. Choose a brush with bristles that are short, not too harsh and with tufts widely separated. See your dentist twice a year. This means all the family!

Do members of your family:
Take a good tub bath regularly?
Use a deodorant faithfully?
Take good care of their hair?
Care for their hands?
Brush their teeth regularly?
They are essentials of good grooming.

Eyes are Important

Keep the eyebrows natural but remove stray hairs with a tweezer. Have glasses adjusted frequently so that they fit the face properly. Dirty lenses often detract from good grooming. Wash them with soap and water frequently and dry carefully to remove all streaks.

Training in Good Grooming is Rewarding

To be sure, to form a habit good or bad takes time. Children who are taught the secrets of good grooming early in life and who practice them as they grow up have little trouble "finding time" for good grooming routines as they have become a part of their daily life. Good grooming does not call for hours of work and concentration, actually the most smartly groomed spend the least time on their looks, but practice has developed their skill to such a degree that in a few minutes they can accomplish wonders.

Perhaps a working plan for grooming jobs would help family members fall into habits which would soon become routine.

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